

Lesson Plan

Neil Porter

Roll 3 minutes students will complete activity Log

Objectives written on white board in gymnasium

The students will review and analyze physical activities performed inside the classroom.

The students will continue to progress (improve) in all areas of fitness.

The students will be able to complete a variety of activities to help them identify, record and assess the different areas of fitness.

The students will be able to demonstrate safety and sportsmanship through physical activity.

Warmup 15-20 mins

1. Progressive Walk Jog, Run - 2x

2. Dynamic stretch Frankenstein, Swinging Gait, Lunges,

High Knee Kick, Flying Squirrels, Walking on Heels, All 2x

3. Static stretch: Shoulders, Thighs, Back

4. Pushups Pyramid, Curlups 4 movements 20 sec. each

Cardio Run 10 mins 1 minute run, 1 minute walk

Water Break 2 minutes

Activity (50 minutes) - Students will play Team Handball

5 minutes - Develop
teams and Rotation

Depends on space available 2 Teams Full Court with a First and Second Group or 4 teams Round Robin
In round Robin each team plays other team at least once.

Strength Training Students will complete program designed in their fitness for life Book. Complete sets & reps of each exercise students will record in Book. Students will also complete 50m speed run. Record in Book.

Closure 5 minutes students will come together. Check to see if anything has been recorded in their strength training book. Homework for textbook will be previewed and assigned.